

1/ IMPORTANT RECOMMENDATIONS FOR ALL PERSONAL PROTECTION EQUIPMENT (PPE)

1.1 The safety equipment must only be used only by competent persons who have been given appropriate training (repeat as often as necessary) or who are working under the immediate responsibility of a proficient supervisor. The user must be trained in the use and be aware of the characteristics, the application limits and consequences of the incorrect use of the equipment.

Before each use, the user must examine the equipment visually to ensure it is in perfect operating condition. It is important to check for deformation, corrosion, sharp edges and abrasive areas on the moving parts of the equipment, the stitching, the straps, the buckles, the webbing, the rivets, the texture, and change of colour or rigidity in the textile parts of the system or component.

1.2 A system or a component that has sustained a fall or on which visual inspection leaves any doubt, must be removed immediately from service. Only competent and skilled persons may decide on the possibility of return to service, given in writing.

1.3 The user must be in good health in order to use the equipment.

1.4 This product must not be used other than for the purpose recommended by the manufacturer and must not be diverted from its initial and designed purpose.

1.5 When a fall arrest system is being used, for safety, it is essential to check the clearance under the user's working zone to prevent a collision with an obstacle or the ground in case of a fall.

1.6 Before use, ensure a rescue plan that is adapted to the situation in which the system is to be used, has been set up.

1.7 The maximum load of this PPE is limited to a single person (unless the product specifically indicates otherwise).

1.8 Before each use, ensure that the recommendations for use of each of the components is complied with as stated in the user manual. It is strongly recommended that components used on the system come from the same manufacturer to ensure product reliability and performance consistency.

1.9 Whenever possible, it is highly advisable to assign the system or component personally to the user.

1.10 This system or component must necessarily be attached to an anchorage point. Whenever possible, to attach a fall arrest system, choose an anchorage point located ABOVE the position of the user, avoiding any point whose strength may be subject to doubt. It is preferable to use the structural components provided for this purpose, or anchorage points that conform to the standards where the tensile strength exceeds the strength levels provided for in the corresponding standards. (compliant with EN175) or anchorage points with a resistance exceeding 1000 daN. The user will ensure to limit the stresses of potential falls (to prevent the fall arrest system from being subjected to excessive forces).

1.11 In the course of use, take all necessary steps to protect the system or component from hazards related to the operation (burns, cuts, sharp edges, abrasion, chemical attack, tangling or twisting of the cable, webbing or rope, electrical conductivity, weather conditions, petroleum effect due to oil, etc.).

1.12 No person working at a height must never remain alone at the place of work, including after a fall.

1.12 No modifications are to be made to the system or components without the written consent of the manufacturer.

The replacement or substitution using components or subsystems that are not approved could compromise compatibility between equipment and could affect the integrity and safety of the system as well as warranty. All repairs are to be made according to the procedures detailed by the manufacturer.

1.13 Dealers of rescue equipment for this fall arrest equipment will ensure that a user manual is supplied, in the language of the country of sale.

1.14 Refer to national consensus standards, applicable local, state, and federal (OSHA) requirements concerning this equipment on personal fall arrest or restraint systems and associated system components.

1.15 A few examples of incorrect uses are described in these instructions and in the specific instructions relating to your device. However, it must be taken into consideration that other incorrect uses are possible and if any doubts persist, you should contact CAPITAL SAFETY.

1.16 This product is guaranteed for 1 year for material or manufacturing defects. Excluded from the warranty are: normal wear, corrosion, any misuse, incorrect storage, broken or torn equipment, faulty maintenance, damage due to accidents or negligence and uses unrelated to the purpose of the product.

1.17 CAPITAL SAFETY is not responsible for the direct, indirect and accidental consequences or for any other type of damage occurring or resulting from the use of its products.

1.18 If you do not understand these instructions or the specific instructions do not use this product, contact CAPITAL SAFETY.

2/ CONNECTION TO A FALL ARREST HARNESS

2.1 The connection of a fall arrest system to a harness (EN353-1, EN353-2, EN355 or EN360) MUST EXCLUSIVELY be made using the upper dorsal, sternal or pectoral anchorage points; these points may also be used for connecting a descender (EN341) or an elevation rescue system (EN1495). These points are identified with a capital 'A' when they are independent or 'AZ' or 'V'.

2.2 The lower side positioning anchorage points of a belt or a harness with a belt must be used SOLELY for connecting to a work positioning system (EN358) and NEVER to a fall arrest system.

2.3 The anchorage point of a sit belt or a harness with a sit belt is to be used EXCLUSIVELY for connection to a work positioning system (EN358), a descender (EN341) or an elevation rescue device (EN1495) and NEVER to a fall arrest system.

2.4 If you use a belt on its own, the work positioning system may require an additional protection system against falls from heights.

3/ MAINTENANCE AND STORAGE

The maintenance and storage of your PPE or components are essential operations to protect them and therefore the safety of the user. Be sure to comply with the following recommendations:

3.1 Use a dry cloth to clean the plastic and the metal parts. Clean textile component with mild soap and water. Never use acid or alkali solutions (caustic soda).

3.2 Lay components to dry in a ventilated place away from any direct flame or any other source of fire. This provision also applies to the equipment stored in a room with moisture or humidity.

3.3 Store the system or component in a room and under conditions complying with its integrity, away from damp and ultraviolet light, in an atmosphere that is not corrosive, overheated or refrigerated, protected from any possible cuts or vibration.

3.4 If you use a belt on its own, the work positioning system may require an additional protection system against falls from heights.

4/ INSPECTION FREQUENCY

4.1 Periodic examination is essential for the safety of the user. This examination guarantees the efficiency and trouble-free operation of the system or component. Be sure to fill in and preserve carefully the descriptive sheet, made up of a note of any periodic checks.

4.2 Life duration: The frequency of the periodic examinations must allow for factors such as legislation, type of equipment, frequency of use and environmental conditions. In any case, the system or component must be examined at least once each year by a competent person cleared by the company manager (or appointed by the current legislation of the country) to decide on possible return to or removal from service or scrapping. This person will contact CAPITAL SAFETY in order to find out the advice of the manufacturer for the component.

4.3 Any competent person qualified by the company manager having doubts about returning a system or component to service (excessively complex system, concealed mechanism, etc) must contact the manufacturer who will advise on the correct use of the system.

4.4 During these examinations, it is important to check that the markings are legible on the system or component.

5/ CONNECTORS EN362

5.1 A connector is a connection system between components that can be opened providing users a means of assembling a system to connect directly or indirectly to an anchorage point.

5.2 When connecting the carabiner, check that the locking system is in the proper place.

5.3 The connector must always operate following the large axis without using the external structure for support.

5.4 Connectors fitted with a manual locking system must never be used if opened and closed by the user several times a day.

5.5 Never load a carabiner at the level of its clasp.

5.6 Connectors called "rapid links" (class Q) must only be used for infrequent connections. No thread must be seen.

5.7 The "rapid links" connectors (class Q) are only safe when the mobile ring is fully fastened. No thread must be seen.

5.8 Material: see connector

5.9 Opening: see connector

5.10 The length of the connector must be taken into account when used in a fall arrest system, as it will have an influence on the height of the fall.

5.11 Certain situations may limit the strength of the connector, especially if connected to wide straps or if rigid anchorages are passed through the carabiner above their opening point.

6/ DESCENDERS EN341

6.1 Descenders are devices used to rescue personnel. They must therefore be considered as SA- FETY EQUIPMENT and used as such. They must not be used to transport persons or loads and must never be used for a purpose for which they were not designed.

6.2 The choice of an anchorage point must be studied carefully and take into account that:

6.2.1 Its position must be such as to avoid the strap to be grasped with ease WITHOUT ALLOWING ANY FREE FALL. It must therefore be positioned above the user.

6.2.2 The access must be sufficiently clear and remain permanently unobstructed.

6.2.3 The evacuation will never be cluttered with any obstacles that might hinder the descent or injure the user.

6.3 In addition, it is also recommended that the rescue area should be signposted and storing equipment at the site must also be provided.

6.4 If the descender is likely to be used by several people, care should be taken to ensure its position is suitable for each person.

6.5 If it is permanently installed outside or in a humid atmosphere, adequate protection must be provided: cover, shelter, etc.

7/ MOBILE FALL ARREST DEVICES ON A RIGID EN353-1 OR FLEXIBLE EN353-2 BELAY SUP- PORT

7.1 A mobile fall arrest device travels along the belay support and accompanies the user, without requiring any manual intervention when the position changes upwards or downwards, and automatically blocks itself on the belay support in the event of a fall.

7.2 The horizontal distance between the rigid belay support and the harness connection point is limited by the connector's supplied with the mobile fall arrest device. NEVER add additional connectors or welds that may increase the distance.

7.3 Only the recommended rigid type of belay support can be used.

7.4 If a complete system is supplied, the components cannot be replaced or modified.

7.5 A system that the manufacturer has recommended that the horizontal anchorage point be used.

7.6 Before the ascent, check that the fall arrest device blocks automatically by manually simulating a fall. It is important to ensure the upper and lower stops are present on the belay support.

7.7 Specific to EN353-2: In the event of a multiple number two fall factor situation (the worst case scenario), the minimum distance required under the user's feet is 2m. Therefore, for the first 2 metres, the user may not be protected from falling to the ground; additional safety measures should therefore be taken when ascending or descending.

7.8 Specific to EN353-2: In the event of a fall, the clearance, that is the distance between the feet of the user and the first obstacle, must not be less than the H in metres indicated on the specific instructions.

8/ LANYARDS EN354 AND POSITIONING LANYARDS EN358

8.1 The total length of a subsystem with a lanyard comprising an energy absorber, manufactured extremities and connectors must not exceed 2m (connectors EN362 plus ladders EN354 plus energy absorber EN355 plus connector EN362).

8.2 A single lanyard with an energy absorber should not be used as a fall arrest system.

8.3 A single lanyard can be used as a restraint on condition that its length prevents the person from reaching the zones presenting a risk of falling from heights.

9/ ENERGY ABSORBER EN355

9.1 The total length of a subsystem with an energy absorber comprising a lanyard, manufactured extremities and connectors must not exceed 2m (connectors EN362 plus ladders EN354 plus energy absorber EN355 plus connector EN362).

9.2 A single lanyard with an energy absorber should not be used as a fall arrest system.

9.3 Any opening - even partial opening - of the energy absorber means it should be immediately discarded.

9.4 In the event of a fall, the clearance, that is the distance between the feet of the user and the first obstacle, must not be less than the H in metres indicated on the specific instructions.

10/ SELF RETRACTING LIFELINE EN360

10.1 Fall arrest device with an automatic blocking function and a self-tightening and self-retracting system for the retractable lanyard.

10.2 BEFORE SECURING THE FALL ARREST DEVICE TO ITS ANCHORAGE POINT, CAREFULLY CHECK THE FOLLOWING:

10.2.1 That the retractable lanyard unfolds and rewinds normally over its entire length.

10.2.2 That the blocking function is operational by firmly pulling on the retractable lanyard; it must block immediately.

10.2.3 That the entire device is in a perfect state and that all the fastening screws and rivets are present and appropriately secured.

10.2.4 That your device is fitted with a fall indicator light and if it has been triggered, this indicates that the device has prevented a fall or has been subject to a major traction force. In such cases, the device must be returned to the manufacturer or an approved repairer for retitting.

10.3 USAGE RESTRICTIONS

10.3.1 Reference should be made to the pictogram in these instructions and those on the device.

10.3.2 Cannot prevent smoking (dusty or muddy products).

10.3.3 The fall arrest device with a self-retracting lifeline system is used from an angle of over 40° in relation to a horizontal point, it may be necessary to add a lanyard (see the specific instructions) between the end of the retractable lanyard and the fall arrest anchorage point of the harness.

10.3.4 In the event of a fall, the distance between the feet of the user and the first obstacle, must not be less than the H in metres indicated on the specific instructions.

10.3.5 If your fall arrest device with a self-retracting lifeline system includes a rescue winch, refer to the specific instructions to understand how to connect a rescue winch to the device.

10.4 To improve the longevity of your device, refer to paragraph 4 and 5, and it is also recommended:

10.4.1 That the cable SHOULD NOT be released when it is completely unwound but should be guided into the fall arrest device.

10.4.2 That the cable SHOULD NOT be left in an external position when not being used.

11/ FALL ARREST HARNESS EN361, RESTRAINT BELT EN358 and THIGH BELT EN813

11.1 A fall arrest harness is a system that grasps the body and arrests a fall.

11.2 Before using a thigh belt or harness, the user must test it to ensure the size is adjusted and that the adjustments provide an acceptable level of comfort for the intended use.

11.3 The adjustment and fastening elements must be regularly checked before and during use.

11.4 If you use a belt or if your harness includes a belt, an anchorage point must be selected at the level of the waist or the hips for connection to a work positioning lanyard. The stretched work-positioning lanyard must be adjusted to restrict vertical movements to a maximum of 0.60m.

12/ ANCHORAGE POINTS EN795

12.1 There are 5 classes of anchorage points as defined in standard EN795, which one way or another are connected to a structure.

12.2 Class A1: this class comprises structural anchors designed to be fixed onto vertical, horizontal and inclined surfaces, such as walls, columns and lintels.

Class A2: this class comprises structural anchors designed to be fixed onto sloping roofs.

Class B: this class comprises transportable temporary anchorage systems

Class C: this class comprises mobile anchorage points on a flexible horizontal belay support (must not exceed 15m in relation to the horizontal point)

Class D: this class comprises mobile anchorage points on a rigid horizontal belay support.

Class E: this class comprises mooring anchorages for horizontal surfaces (must not exceed 15m in relation to the horizontal point)

12.3 For fixed systems, the competent installer is responsible for ensuring that the loading structure is compatible with the efforts engendered and that the fastening method does not alter either the performances, or the characteristics of each of the components.

12.4 For transportable devices, the person responsible for the installation must ensure:

12.4.1 The device is correctly placed in relation to the working area.

12.4.2 The strength of the load bearing structure and its stability (Tipod)

12.4.3 The compatibility between the shape of the structure and the anchorage device

12.5 CAPITAL SAFETY GROUP attests that the anchorage device is supplied in accordance with European standard EN795 and has successfully passed the tests outlined therein.

13/ ELEVATION RESCUE SYSTEM EN1496

13.1 Systems compliant with EN1496 are designed for rescue operations and should never be used to transport persons or loads.

13.2 If the systems cannot be used if the lifting or lowering actions can be performed without any hindrances; they should not be used if obstacles present a danger.

14/ RESCUE HARNESS EN1497 AND RESCUE STRAPS EN1498

14.1 A rescue harness or a strap should only be used for evacuations (in combination with a system compliant with EN341) or rescues (in combination with a system compliant with EN1496) and never as a component of a fall arrest system.

15/ CLIMBING AND SCALING EQUIPMENT, HARNESS EN1277

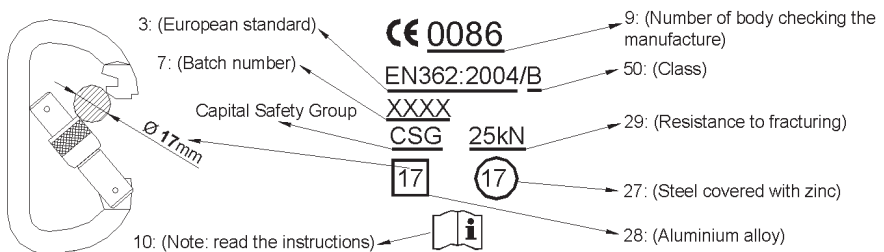
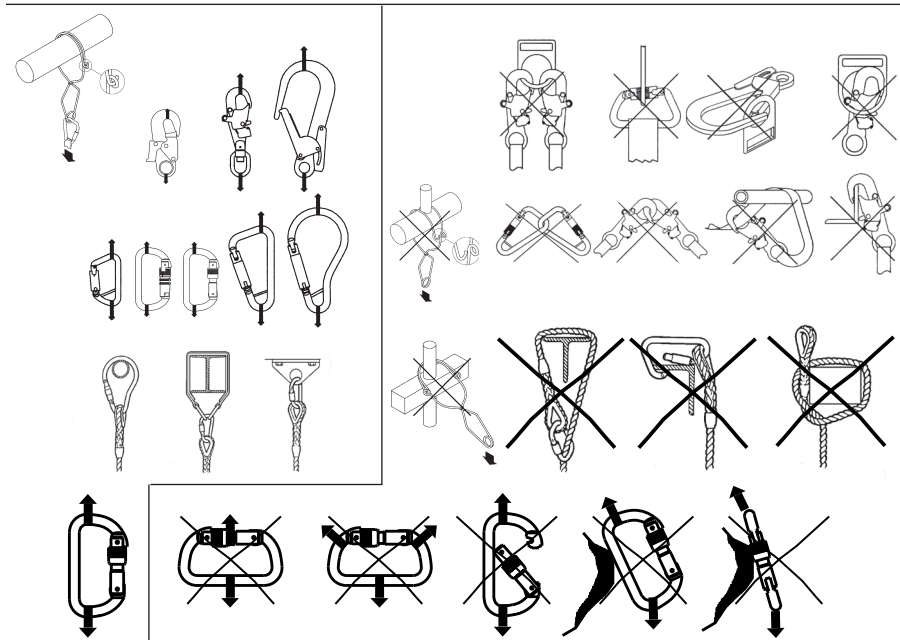
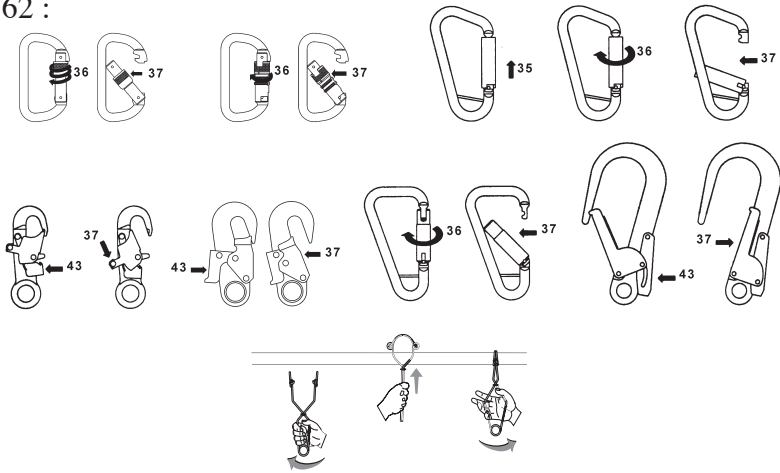
15.1 Before using a climbing hook or harness fitted with a thigh belt, the user must carry out suspension tests in a secure place to ensure that the size is correct and any adjustments provide acceptable levels of comfort for the intended use.

16/ For specific recommendations associated with your PPE, read the specific instructions provided.

17/ GLOSSARY

1: Marking 2: Size 3: European Standard 4: Year of manufacture 5: Month of manufacture 6: Serial number 7: Batch number 8: EC test performed by 9: Number of body checking the manufacture of this equipment 10: Note: read the instructions 11: Length 12: Slitting 13: Fastening 14: Cable 15: Strap 17: Rope 18: Material 19: Polyamide 20: Polyester 21: Polymer 22: Elastomer 23: Kevlar 24: Aramid fibres 25: Galvanised steel 26: Stainless steel 27: Steel covered with zinc 28: Aluminium alloy 29: Resistance 30: Maximum force 31: Maximum force 32: Maximum force 33: Maximum force 34: Maximum force 35: Maximum force 36: Maximum force 37: Maximum force 38: Maximum force 39: Maximum force 40: Maximum force 41: Maximum force 42: Maximum force 43: Maximum force 44: Maximum force 45: Maximum force 46: Maximum force 47: Maximum force 48: Maximum force 49: Maximum force 50: Maximum force

EN 362 :



EN 361 :

